CLAIMS

1	1. A method comprising:
2	forming a trench in a substrate;
3	providing at least one metalized surface along said trench; and
4	applying a bonding surface having a metalized capping surface to said substrate such that said
5	metalized capping surface is located over said trench having said at least one metalized surface so as
6	to form a waveguide structure.

- 2. The method of claim 1, wherein said substrate comprises a printed circuit board.
- The method of claim 1, wherein said substrate comprises a dielectric material.
- The method of claim 3, wherein said trench is formed by selectively removing portions
 of said dielectric material.
- The method of claim 1, wherein said at least one metalized surface comprises sidewall surfaces and a bottom surface of said waveguide structure.
- 1 6. The method of claim 1, wherein said metalized capping surface on said bonding
 2 surface is formed by applying a metal coating on said bonding surface and selectively removing
 3 portions of said metal coating such that said metalized capping surface remains on said bonding
 4 surface.

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- 1 7. The method of claim 1, wherein said metalized capping surface on said bonding surface is formed by providing said bonding surface and selectively placing said metalized capping 2 surface on said bonding surface.
- 8. The method of claim 1, further comprising filling said trench with a material.
- 9. A method comprising:
 - forming a trench in a printed circuit board substrate, said trench having a first side surface, a second side surface and a bottom surface:
- forming at least one surface on said first side surface, said second side surface and said 4 bottom surface of said trench; and 5
- forming a top surface over said trench having said at least one surface.
 - 10 The method of claim 9, wherein said at least one surface comprises at least one metalized surface and said top surface comprises a top metalized surface.
 - 11. The method of claim 10, wherein said substrate comprises a dielectric material.
- 12. The method of claim 11, wherein said trench is formed by selectively removing portions of said printed circuit board substrate. 2
- 13. The method of claim 11, wherein forming said top metalized surface over said trench 1 2
 - comprises affixing a bonding surface having a metalized capping surface to said printed circuit board

3 substrate.

- 1 14. The method of claim 13, wherein said top metalized surface on said bonding surface
 2 is formed by applying a metal coating on said bonding surface and selectively removing portions of said
 3 metal coating such that said top metalized surface remains on said bonding surface.
- 1 15. The method of claim 13, wherein said top metalized surface on said bonding surface is
 2 formed by providing said bonding surface and selectively aligning said top metalized surface on said
 3 bonding surface.
 - 16. The method of claim 9, further comprising filling said trench with a material.
 - 17. A method comprising:
 - forming a trench in a printed circuit board; and
- forming a waveguide structure in said trench of said printed circuit board, said waveguide

 structure having at least one metalized surface.
- 18. The method of claim 17, wherein said trench comprises a first sidewall, a second
 sidewall and a bottom wall.
- 1 19. The method of claim 18, wherein said waveguide structure comprises said at least one
 2 metalized surface on said first sidewall, said second sidewall and said bottom wall and a metalized
 3 surface on a top of said trench.

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- The method of claim 17, wherein said waveguide structure is formed by providing at
- 2 least one metalized surface along said trench, and bonding a bonding surface having a metalized
- 3 capping surface to said printed circuit board such that said metalized capping surface is located over
- 4 said trench having said at least one metalized surface so as to form said waveguide structure.
- 1 21. The method of claim 17, further comprising filling said trench with a material.
- A structure comprising:
- 2 a printed circuit board;
 - bonding material provided on at least one surface of said printed circuit board; and
 - a waveguide structure provided within said printed circuit board.
- The structure of claim 22, wherein said printed circuit board comprises a trench formed
- 2 within said printed circuit board between a top surface of said printed circuit board and a bottom surface
- 3 of said printed circuit board.
- 1 24. The structure of claim 23, wherein said trench comprises a first sidewall, a second
- 2 sidewall and a bottom wall.
- 1 25. The structure of claim 24, wherein said waveguide structure comprises at least one
- 2 metalized surface on said first sidewall, said second sidewall and said bottom wall and a metalized
- 3 capping surface on a top of said trench and adjacent said bonding material.

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26. The structure of claim 23, wherein said trench is filled with a material.